

Ramjam Chicken

 **Gluten Free**  **Dairy Free**

READY IN



215 min.

SERVINGS



8

CALORIES



170 kcal

LUNCH

MAIN COURSE

MAIN DISH

DINNER

Ingredients

- 3 tablespoons cooking wine dry white
- 1 teaspoon ginger root fresh grated
- 1 clove garlic crushed
- 1 pinch ground pepper black
- 2 tablespoons juice of lemon
- 0.3 teaspoon onion powder
- 0.8 teaspoon penzey's southwest seasoning dried italian-style
- 8 chicken breast halves boneless skinless cut into strips

- 0.3 cup soya sauce
- 2 tablespoons vegetable oil

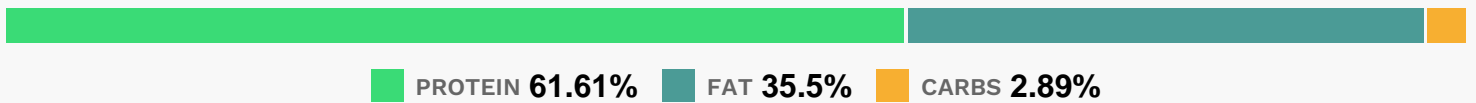
Equipment

- sauce pan
- grill
- ziploc bags
- skewers

Directions

- In a large, resealable plastic bag, combine the soy sauce, wine, lemon juice, oil, Italian-style seasoning, ginger, garlic, onion powder, and ground black pepper.
- Place chicken in the bag. Seal, and let marinate in the refrigerator for at least 3 hours, or overnight.
- Preheat an outdoor grill for medium-high heat.
- Thread the chicken onto skewers, and set aside.
- Pour marinade into a small saucepan, and bring to a boil over high heat.
- Lightly oil the grill grate. Cook chicken on the prepared grill for approximately 8 minutes per side, basting with the sauce several times. Chicken is done when juices run clear.

Nutrition Facts



Properties

Glycemic Index:14, Glycemic Load:0.12, Inflammation Score:-2, Nutrition Score:11.71869573645%

Flavonoids

Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg, Catechin: 0.04mg Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg, Epicatechin: 0.03mg Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg, Eriodictyol: 0.18mg Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg, Hesperetin: 0.57mg Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg, Naringenin: 0.07mg Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg, Myricetin: 0.01mg Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg, Quercetin: 0.02mg

0.02mg

Nutrients (% of daily need)

Calories: 170.16kcal (8.51%), Fat: 6.36g (9.78%), Saturated Fat: 1.17g (7.29%), Carbohydrates: 1.16g (0.39%), Net Carbohydrates: 0.99g (0.36%), Sugar: 0.29g (0.32%), Cholesterol: 72.32mg (24.11%), Sodium: 536.58mg (23.33%), Alcohol: 0.58g (100%), Alcohol %: 0.55% (100%), Protein: 24.82g (49.64%), Vitamin B3: 12.1mg (60.48%), Selenium: 36.3µg (51.86%), Vitamin B6: 0.87mg (43.65%), Phosphorus: 249.19mg (24.92%), Vitamin B5: 1.65mg (16.5%), Potassium: 447.01mg (12.77%), Magnesium: 33.87mg (8.47%), Vitamin B2: 0.13mg (7.47%), Vitamin K: 7.7µg (7.33%), Vitamin B1: 0.08mg (5.28%), Zinc: 0.71mg (4.72%), Manganese: 0.08mg (3.94%), Iron: 0.69mg (3.83%), Vitamin B12: 0.23µg (3.77%), Vitamin C: 2.96mg (3.58%), Vitamin E: 0.53mg (3.56%), Copper: 0.04mg (2.23%), Folate: 7.16µg (1.79%), Calcium: 11.84mg (1.18%)